

# UCSD SOFTBALL

## Day 1

**Dynamic Warm Up** Jumping Jacks x 20, Split Jacks x 20, Mountain Climbers x 20, High Knees, Butt Kicks, A-Skips, B-Skips, Power Skips, St Leg Skips, Leg Swings

**Shoulder Stability** I, Y, T Plate Catches 2 x 15 (use small plate 2.5 - 5lb, raise it up in I, Y, or T - release and catch it - repeat)

**Glute Act/Strength** SL Hip Bridge Shoulders on Bench 2 x 15 each Add Weight each week!

**Conditioning** Stairs, Stadiums, or Hill Sprints - Start at 10 reps - add 1 rep per week - Recovery = walk down hill or stairs

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
		<b>Clean Complex</b> RDL, Pull, High Pull, Clean, Front Squat		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	<b>Hang Clean</b> <b>Max Speed!</b>	1	warm up set #1	x	2		x	2		x	2
			2	warm up set #2	x	2		x	2		x	2
			3		x	2		x	2		x	2
			4		x	2		x	2		x	2
			5		x	2		x	2		x	2
			6		x	2		x	2		x	2
2	#N/A	<b>Back Squat</b> <b>Max Speed!</b>	1	warm up set #1	x	3		x	3		x	3
			2	warm up set #2	x	3		x	3		x	3
			3		x	3		x	3		x	3
			4		x	3		x	3		x	3
			5		x	3		x	3		x	3
			6		x	3		x	3		x	3
3	#N/A	<b>Tuck Jump</b> Counter Attack - Hold-Jump-Stick	1		x	5		x	5		x	5
4	#N/A	<b>SL SB Leg Curl</b>	1		x	6e		x	7e		x	8e
			2		x	6e		x	7e		x	8e
			3		x	6e		x	7e		x	8e
5	#N/A	<b>Lat Pulldowns</b>	1		x	6e		x	6e		x	6e
			2		x	6e		x	6e		x	6e
			3		x	6e		x	6e		x	6e

## Day 2

**Dynamic Warm-Up** Jump Rope 3:00 min, Knee Hugs, Lateral Lunge, Figure 4, Lunge & Twist x 10 each - Hurdle Mobility: High Hurdle Walk overs- Lateral Walk Overs, Over/Unders x 6 hurdles

**Glute Strength** SL Mini Hurdle Hops Turn 90° each Jump 2 x 8 Hurdles R/L

**Shoulder Stability** Blackburns 2 x 15, W-Press 2 x 15

**Conditioning** Acceleration: Kneeling R/L x 4/On Stomach x 4/Lateral Kneeling R/L x 4/Pushup Position x 4 - all x 20 yards

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps			
		<b>Jerk Complex</b> Shoulder Press, Push Press, Push Jerk, Split Jerk		x 5 ea			x 5 ea			x 5 ea					
1	#N/A	<b>Push Jerk</b> <b>Max Speed!</b>	1	warm up set #1	x	2		x	2		x	2			
			2	warm up set #2	x	2		x	2		x	2			
			3		x	2		x	2		x	2			
			4		x	2		x	2		x	2			
			5		x	2		x	2		x	2			
			6		x	2		x	2		x	2			
2	#N/A	<b>Rack Deadlift</b> <b>Max Speed!</b>	1	warm up set #1	x	3		x	3		x	3			
			2	warm up set #2	x	3		x	3		x	3			
			3		x	3		x	3		x	3			
			4		x	3		x	3		x	3			
			5		x	3		x	3		x	3			
			6		x	3		x	3		x	3			
3	#N/A	<b>Split Squat Jump</b> Counter Attack - Hold-Jump-Stick	1		x	3e		x	3e		x	3e			
4	#N/A	<b>GH Raise</b>	1		x	6		x	7		x	8			
			2		x	6		x	7		x	8			
			3		x	6		x	7		x	8			
5	#N/A	<b>MB Lying Chest Punches</b> <b>Max Speed!</b>	1		10lb	x	8		12lb	x	8		14lb	x	8
			2		x	8		x	8		x	8			
			3		x	8		x	8		x	8			

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## Day 3

**Dynamic Warm Up** Speed Ladder (Pick Drill) + 15yd Sprint x 8

**Shoulder Stability** Band Internal/External Rotation x 20 each, Arm Adducted Internal/External Rotation x 20 each

**Glute Act/Strength** SL Squat to Box 2 x 10 each leg

**Conditioning** Power Skips x 15 yards, Bounding x 15 yards, Long Jump x 15 yards, SL Speed Hop R/L x 15 yards - On Track: Sprint the Straights - Jog the Curves x 4 add 1 lap per week

Order Max Exercise  
CG Snatch Complex  
RDL, Bent Over Row, Pull, High Pull, CG Snatch

Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
	x 5 ea			x 5 ea			x 5 ea		

1	#N/A	<b>CG Snatch</b> <b>Max Speed!</b>  Pair w/ Below
2	#N/A	<b>Front Squat</b> <b>Max Speed!</b>  Pair w/ Below
3	#N/A	<b>Vert Jump</b> Counter Attack - Hold-Jump-Stick
4		<b>SL DB RDL</b> Increase Weight Eac Week Pair w/ Below
5		<b>BB Bentover Rows</b> Increase Weight Eac Week

1	warm up set #1	x	2			x	2		
2	warm up set #2	x	2			x	2		
3		x	2			x	2		
4		x	2			x	2		
5		x	2			x	2		
6		x	2			x	2		

1	warm up set #1	x	3			x	3		
2	warm up set #2	x	3			x	3		
3		x	3			x	3		
4		x	3			x	3		
5		x	3			x	3		
6		x	3			x	3		

1		x	5			x	5		
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1		x	6e			x	6e		
2		x	6e			x	6e		
3		x	6e			x	6e		

1		x	6			x	6		
2		x	6			x	6		
3		x	6			x	6		

